

Systems Mapping & Integration Model

Section 3 · Self-Assessment and Scoring | Easton Health

Practitioner Name:

Patient Initials:

SCORING KEY: 0 = Never / not true 1 = Occasional or mild 2 = Frequent or moderate 3 = Persistent or highly relevant

Enter a score (0-3) in each Scr field and press Tab. The Sub /18 total updates automatically.

System	Key Symptom Prompts (score each 0-3)	Scr 0-3	Sub /18	Priority Notes
Digestive Function and Assimilation				
	1. I feel heavy, bloated, excessively full, or uncomfortable after eating.			
	2. I regularly experience reflux, belching, nausea, or upper abdominal pressure.			
	3. I notice constipation, sluggish bowels, or a sense that food moves too slowly.			
	4. I have trouble tolerating fats, proteins, or larger meals.			
	5. My energy often drops after meals.			
	6. I suspect I am not digesting or absorbing food well.			
Microbiome Ecology				
	1. I experience gas, fermentation, or abdominal distension on a frequent basis.			
	2. My symptoms worsen with certain fibers, sugars, or fermentable carbohydrates.			
	3. My bowel pattern is irregular or unpredictable.			
	4. I deal with food sensitivities, cravings, or unusual stool odor.			
	5. I experience brain fog, skin flares, or mood changes linked to digestion.			
	6. I have a history of antibiotics, recurrent gut disruption, or suspected dysbiosis.			
Gut Barrier Integrity & Mucosal Defense				
	1. I react strongly to foods that used to feel fine.			
	2. I experience inflammatory symptoms that seem connected to eating.			
	3. My digestion feels fragile or easily irritated.			
	4. My skin, joints, or energy worsen when my gut symptoms flare.			
	5. Stress, alcohol, or lack of sleep noticeably worsen my gut reactivity.			
	6. I feel as though my system has become more sensitive over time.			
Immune Regulation and GALT				
	1. I catch infections easily or take a long time to recover.			
	2. I deal with congestion, allergies, eczema, hives, or inflammatory flares.			
	3. My body seems reactive to foods, environments, or stress.			
	4. I experience chronic inflammatory symptoms such as pain, swelling, or heat.			
	5. Symptoms often flare after illness, travel, stress, or immune challenges.			
	6. I feel that my immune system is either overreactive or underperforming.			

System	Key Symptom Prompts (score each 0-3)	Scr 0-3	Sub /18	Priority Notes
Mitochondrial Function & Cellular Energy				
	1. I feel fatigued even when I sleep a reasonable number of hours.			
	2. I tire easily with exercise, work, or stress.			
	3. I recover slowly after exertion, travel, or busy days.			
	4. My brain feels foggy or slow when my energy drops.			
	5. I sometimes feel 'crashed' after doing too much.			
	6. I do not feel resilient or metabolically robust.			
Metabolic Regulation & Insulin Sensitivity				
	1. I crave sugar or starch, especially when stressed or tired.			
	2. I get sleepy, foggy, or irritable after eating carbohydrate-rich meals.			
	3. I gain weight easily around the abdomen or struggle to lose it.			
	4. I feel hungry again soon after meals or snack frequently to maintain energy.			
	5. I have energy swings, especially in the afternoon or evening.			
	6. My sleep, mood, or inflammation seem tied to how I eat.			
Liver Transformation & Clearance				
	1. I notice certain foods, alcohol, or medications trigger headaches, fatigue, or brain fog.			
	2. I feel worse after eating richer or higher-fat meals, even if I don't overeat.			
	3. I'm sensitive to smells, chemicals, supplements, or medications more than I should be.			
	4. I feel my body doesn't handle or recover from what I take in as well as it used to.			
	5. I experience symptoms of buildup: headaches, skin issues, fluid retention, or sluggishness.			
	6. Symptoms come and go based on what I eat, drink, or am exposed to rather than being constant.			
Neural Regulation & Gut-Brain Axis				
	1. I feel wired, tense, or on edge more often than I feel calm and settled.			
	2. Stress directly affects my digestion, appetite, or bowel habits.			
	3. I have trouble shifting into rest, sleep, or recovery mode.			
	4. I notice palpitations, shallow breathing, muscle tension, or internal bracing.			
	5. My symptoms worsen when I am under emotional or cognitive strain.			
	6. I do not feel my nervous system recovers well after stress.			

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SCORING INTERPRETATION & PRIORITIZATION

Score Pattern	Clinical Meaning	Priority Action	System(s) & Notes
Highest system score	Primary driver of dysfunction	Treat FIRST	
2nd highest score	Secondary contributor	Address after primary stabilizes	
Multiple high scores	System cascade	Start with digestive or metabolic systems	
Low across all systems	Maintenance state	Support + optimize	

Interpretation Guidance

The goal is not to label one system as the only problem. More often, patterns cluster. High digestive and microbiome scores may feed barrier and immune scores; high metabolic scores may amplify mitochondrial and hormonal burden; high neural regulation scores may intensify gut, immune, and endocrine symptoms. Use the subtotal pattern to ask which system seems primary, which are being secondarily affected, and which upstream changes are most likely to produce the broadest benefit.